



P L A T I N U M

PRE-

PRE-WORKOUT
ENERGY & FOCUS[▲]30
SERVINGSDIETARY SUPPLEMENT
NET WT. 8.45 OZ (240 G)FRUIT PUNCH
Naturally & Artificially Flavored

PER SCOOP

2G
L-CITRULLINE
1.6G
BETA-ALANINE
200MG
CAFFEINE

Supplement Facts

Serving Size 1 Scoop	1 Scoop (8 g)	2 Scoops (16 g)
Servings Per Container	30	15
Amount Per Serving	% Daily Value	% Daily Value
Calories	5	10
Total Carbohydrate	1 g <1%*	2 g 1%*
Protein	<1 g 1%*	1 g 2%*
Vitamin C (as ascorbic acid, acerola extract)	100 mg 167%	200 mg 333%
Sodium (as sodium chloride)	60 mg 3%	120 mg 5%
Potassium (as potassium chloride)	70 mg 2%	140 mg 4%
L-Citrulline	2 g †	4 g †
(as Micronized L-Citrulline, PepForm [®] Citrulline Peptides [L-Citrulline, Hydrolyzed Whey Protein Isolate])		
CarnoSyn [®] Beta-Alanine	1.6 g †	3.2 g †
DMAE Bitartrate	250 mg †	500 mg †
PhytoBlend	250 mg †	500 mg †
Beet Juice Powder, Grape Seed Extract (<i>Vitis vinifera</i>) (seeds), MegaNatural [®] Red Wine Grape Extract (<i>Vitis vinifera</i>) (fruit), Citrus Bioflavonoids		
Caffeine	200 mg †	400 mg †
Capsimax [™] Capsicum Extract (Capsicum annuum) (fruit) (standardized for capsaicinoids)	125 mg †	250 mg †

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

OTHER INGREDIENTS: Citric Acid, Natural and Artificial Flavors, Malic Acid, Tartaric Acid, Silicon Dioxide, Calcium Silicate, Lecithin, Sucralose, Acesulfame Potassium.

ALLERGEN INFORMATION: CONTAINS MILK, AND SOY (LECITHIN) INGREDIENTS.

MANUFACTURED BY
OPTIMUM NUTRITION

975 Meridian Lake Dr. Aurora, IL 60504

P L A T I N U M

PRE-

PRE-WORKOUT ENERGY & FOCUS[▲]FOR PRE-WORKOUT ENERGY SUPPORT[▲]: Take 1-2 scoops 20-40 minutes before training, or anytime you want a boost of energy and alertness.

DIRECTIONS: Mix each scoop with 6-10 oz of cold water (to desired sweetness) and consume immediately. Start with 1 scoop or less to assess your tolerance.

DO NOT EXCEED MORE THAN 2 SERVINGS PER DAY.

KEEP OUT OF REACH OF CHILDREN.

STORE IN A COOL, DRY PLACE.

CONTENTS SOLD BY WEIGHT NOT VOLUME.

Natural Alternatives International (NAI) is the owner of patents 5,965,596, 6,172,098, 6,426,361, 6,680,294 and registered trademark CarnoSyn[®].PepForm[®] is a trademark of Glanbia plc.Capsimax[™] trademark belongs to OmniActive Health Technologies.MegaNatural[®] Red Wine Grape Extract is a trademark of Constellation Wines U.S. Inc.

CONTAINS 200 MG OF CAFFEINE PER SCOOP

*THIS PRODUCT CONTAINS 100MG, 167% OF THE RECOMMENDED DAILY INTAKE OF VITAMIN C

WARNING: NOT FOR USE BY THOSE WITH PRE-EXISTING MEDICAL CONDITIONS OR THOSE TAKING ANY MEDICATIONS, THOSE UNDER THE AGE OF 19 OR OVER 50, WOMEN THAT ARE PREGNANT, CONTEMPLATING PREGNANCY OR NURSING, OR THOSE THAT ARE CAFFEINE OR BETA-ALANINE SENSITIVE. DO NOT CONSUME CAFFEINE/STIMULANTS FROM OTHER SOURCES OR WITHIN 4 HOURS OF BEDTIME.

TRUE STRENGTH[™]
WWW.OPTIMUMNUTRITION.COMMANUFACTURED IN THE USA IN OUR
NSF GMP REGISTERED FACILITY
This product contains ingredients of international and domestic origin

1 (800) 705-5226 TRUESTRENGTH.COM

2 SCOOPS PROVIDE:

- 4 Grams of L-Citrulline: an Amino Acid Precursor to N.O.[▲]
- 3.2 Grams of Beta-Alanine to Support Training Endurance[▲]
- Energy and Metabolic Support[▲]
- High Antioxidant Value[†]
- Training Performance Support[▲]

PRE DIAL-UP

SCOOP #	1	2
ENERGY LEVEL	INTENSE	EXTREME
CAFFEINE	200 MG	400 MG
L-CITRULLINE	2 G	4 G
BETA-ALANINE	1.6 G	3.2 G

▲ These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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